

PRELIMINARY STUDY ON CHEESE CONSUMPTION PATTERN AMONGST RESIDENTS OF OYO TOWN, OYO STATE, NIGERIA

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ABSTRACT

Cheese is a popular snack that is eaten by many in Oyo town of Oyo state. However, the preferences of consumption in terms of quantity, benefits and disadvantages of consumption were different in the study area. A total of 100, respondents were randomly selected from whom information such as socio-economic characteristics and consumption pattern of cheese were elicited. Structured questionnaires were used to elicit information from the respondents. A multistage sampling was adopted with the study area divided into three in the first stage while 30 questionnaires were administered to respondents in Oyo East and Oyo West LGAs each and 40 in Atiba LGA. Collected data were processed and subjected to descriptive analysis using frequency counts and percentages. The results indicated that majority of the cheese consumers were male (58%) and within the age range of 40-59 (40%). Also, majority of the respondents were traders (46%) and with a household 6-10 (40%). The results also showed that majority (38%) of the respondents consumed cheese at least once per week. All the respondents also stated that cheese consumption had benefits which included good nutrition (96%) and good flavour (4%). Also, 10% of the respondents indicated that cheese consumption had some disadvantages which included, body hitching (40%) and cough (20%).

Key words: cheese consumption, consumption benefits, consumption disadvantages, Oyo town

INTRODUCTION

Milk, from which cheese is obtained, is the first natural food of all mammals as it contains vital nutrients for the sustainability especially at infancy, although adult humans consume processed milk in various forms (Adewumi et al., 2001). It is an important element of the pastoral civilizations in Africa, where it serves economic, social and cultural purposes (Mattiello et al., 2018). A 2016 report by FAOSTAT showed that Africa produced 46,907,955 millions tonnes of milk which accounted for only 6% of world average production. The same report indicated that about 50% of total milk production in Africa were produced by six countries, Sudan (4,391,000 tonnes), Egypt (5,598, 477 tonnes), Kenya (4,925,692 tonnes), Ethiopia (3,699,373 tonnes), South Africa (3,337,018 tonnes) and Algeria (4,241,414 tonnes). The report also put dairy cows as the highest milk suppliers with 74.05% of the world's total production, followed by goat (8.74%), buffalo (6.23%), camel (5.76%) and sheep (5.23%).

Cheese is a dairy product derived from milk that is produced in a wide range of flavours, textures and forms by coagulation of the milk protein casein (Encyclopedia Wikipedia, 2019). It is a major source of animal protein especially in rural communities (Akintunde et al., 2010) and mostly processed by Fulani women, especially in this part of the world with the adoption of traditional method of production (Awoyele et al., 2014). Cheese, commonly called *wara* or *warankasi* in Nigeria, is of soft type and so has poor shelf-life and mostly produced by the local Fulani women through the coagulation of milk induced by juice extract from the leaves of Sodom Apple plant (*Calotropis procera*) which contains enzyme calotropain (Iwuoha and Eke, 1996). Cheeses are mostly consumed by residents of the temperate countries with the first four highest consumers in terms of per capita consumption being Denmark (28.1 kg), Iceland (27.7 kg), Finland (27.3kg) and France (27.2kg) (Miaschi, 2017). The objective of the study was to determine the consumption pattern of cheese in Oyo town, Oyo state, Nigeria. Vital statistics considered were the biodata of respondents and cheese consumption in general.

The study was carried out in Oyo town which has three Local Government Areas (LGAs) namely, Oyo East, Oyo West and Atiba. It has an area of 1,757km² and a population of 168,246 according to the 2006 census (FRN, 2009). Oyo town is highly cosmopolitan having people from various parts of the country living there. Also, it is a transit route from the south, to the north and vice versa making it have influx of people from time to time. Multistage sampling method was adopted. The study area was divided into three, on LGAs basis in the first stage while the second stage had 30 structured questionnaires purposively distributed to respondents in Oyo West and Oyo East LGAs and 40 in

Atiba LGA making a total of 100. Information such as socio-economic characteristics and consumption pattern of cheese were elicited from the respondents. Collected data were processed and subjected to descriptive analysis using frequency counts and percentages.

RESULTS AND DISCUSSION

Table 1: Bio Data of Cheese Consumers In The Study Area

Item	Criterion	No.	%
Sex	Male	58	58
	Female	42	42
Marital status	Single	50	50
	Married	40	40
	Separated	6	6
	Divorced	4	4
Age (years)	Below 20	28	28
	20-39	28	28
	40-59	40	40
	60 above	4	4
Religion	Islam	56	56
	Christianity	38	38
	Traditional	6	6
Occupation	Student	24	24
	Civil servant	8	8
	Trader	46	46
	Farmer	4	4
	Jobless	18	18
What is your household size?	Below 5	32	32
	5-9	40	40
	10 above	28	28

Table 1 above shows the bio data of respondents in the study area. From the table, it was observed that majority of the cheese consumers were male (58%), single (50%) and within the age range of 40-59 (40%). It can be deduced that the single males took cheese as a nutritious replacement for main menu, as some may find it difficult to cook. This result was in alignment with the results obtained by Adeosun (2018) who reported an age range of 21-30 for dairy products consumers in Iwajowa LGA of Oyo. Also, majority of the respondents were traders (46%) with household size that ranged between 5 and 9. Being traders, the respondents spent most of their daytime in the vicinity where cheeses were sold thereby making it easy for them to purchase. Regarding religious beliefs of the respondents, 56% of them were Muslims, 38% Christians and 6% traditionalists. This implies that there was no religious bias against cheese consumption in the study area.

Table 2: Cheese Consumption Pattern In The Study Area

Item	Criterion	No.	%
How often do you eat cheese?	Daily	20	20.00
	Weekly	38	38.00
	Monthly	08	08.00
	Once in while	34	34.00
What time of the day do you like to eat cheese?	Morning	36	36.00
	Afternoon	46	46.00
	Night	18	18.00
Reasons for afternoon purchases (n= 46)	Fresh	23	50.00
	Availability	20	43.48
	No reason	03	06.52
Any benefit of cheese consumption?	Yes	100	100.00
Benefits of cheese consumption	Good for health	96	96.00
	Good flavour	4	04.00
Any disadvantage of cheese consumption?	Yes	10	10.00
	No	90	90.00
Disadvantages of cheese consumption	Body itching	4	40.00
	Eye problem	2	20.00
	Cough	2	20.00
	Vomiting	2	20.00
Where do you buy your cheese?	Car parks	34	34.00
	Mobile retail seller	14	14.00
	Market	20	20.00
	By the road side	28	28.00

Table 2 shows the information about cheese consumption in the study area. Data obtained from the table show that majority of the respondents consumed cheese at least once per week (38%), purchased it at car parks (34%). All the respondents also concluded that cheese has health benefits although 10% of them also claimed that cheese consumption has side effects, which included allergies like body itching (40%), cough (20%) and vomiting (20%). Benefits derivable from cheese consumption, according to the respondents, were good nutrition (96%) and good flavor (4%). Also, majority of the respondents liked to eat cheese in the afternoon (48%) and the reasons adduced for this were freshness (50%) and availability (43.48%).

CONCLUSION AND RECOMMENDATIONS

The study revealed that there was no religious bias against cheese consumption in the study area. Also, it was revealed that many of the residents of the study area consumed cheese that were worth between 200 to 290 naira weekly and mostly in the afternoon because of their desire for freshness of the product. Cheese consumption was considered to be of great benefits to health due to its nutritive values. However, some of the consumers of cheese reported allergies to the consumption which included, body itching and vomiting. It is recommended that more awareness on the health benefits of cheese consumption be done by the concerned authorities so that the populace may live a more productive life.

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